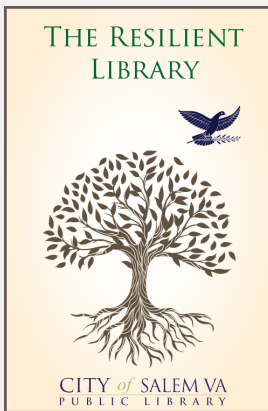


The Resilient Library Newsletter

April 4, 2021

Volume 7, Issue 1

This newsletter is also available online on our home webpage by clicking on the icon pictured below.



The Weight of the Glass— A Short Story

Once upon a time, a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical "glass half empty or glass half full" question. Instead, with a smile on her face, the professor asked, "How heavy is this glass of water I'm holding?"



Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, "From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."

As the class nodded their heads in agreement, she continued, "Your stresses and worries in life are very

much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them."

The Moral of the Story: On days when you're stressed out and feeling overwhelmed, learn to embrace the inevitable and let go. Some things cannot be controlled and no amount of worrying can put all your burdens away. Instead of letting stress get to you, embrace it and conquer it. Let yesterday's worries inspire you to a more productive day. □

Excerpted from [Inspirationallife.com—
10 Inspiring Moral Stories for Adults](https://www.inspirationallife.com/10-Inspiring-Moral-Stories-for-Adults/)

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By Jeff Hoyt, Editor in Chief,
SeniorLiving.org

Seniors today did not grow up during the era of computers and the internet, yet this age group now depends on this technology. As a result, seniors are learning more and using technologies for the first time. In general, technology is helping to give senior citizens an improved quality of life through increased connectivity and a sense of community.



Seniors and the Internet

The senior population is rapidly accepting the use of the internet. In fact, internet adoption has more than tripled in the past two decades. The Pew Research Center reports that only 14 percent of seniors had internet in their homes in 2000. As of 2017, that number has increased to 67 percent for adults over 65. In addition, 51 percent have high-speed internet known as broadband.

For seniors who do use the internet, 71 percent are going online daily.

What are seniors doing online? Forty-six percent were reported to use social networking sites, such as Pinterest or Facebook, according to Pew Research in 2014. As a side note, only three percent of seniors were using Twitter. Another major reason why seniors use the internet

is to find information.

In fact, a whopping 94 percent agree that the internet makes finding information far easier. The Advanced Communications Law and Policy Institute reports that 53 percent of seniors use the internet to find information about health care and medical issues. Other top motivators for internet use among seniors is to shop online, search for bargains, keep up with community news, and watch videos.

Seniors are also increasingly more confident with banking online, visiting government websites, and using video chat services like Skype. For instance, seniors can connect with counselors or nurses using video conferencing if they are unable to leave their home due to an illness. Caregivers can also utilize the internet to help them provide better care for seniors. They may control appliances, home security, and lighting in a senior's home even when they, the caregiver, are not in the home.

Internet technology can also help seniors improve their livelihood. For example, they can watch exercise videos from their home or use the internet to download e-books and e-magazines. Seniors can also play video games, such as virtual reality games on the Nintendo Wii, that provides physical activity and mental stimulation.



Internet Service Providers for Seniors

One roadblock for seniors who want to have internet in their home is affordability. Internet costs can easily exceed \$50 to \$100 a month just for wireless connectivity. For seniors on a fixed income or low income, this cost is prohibitive. Fortunately, there are options to help senior citizens get internet including broadband access.

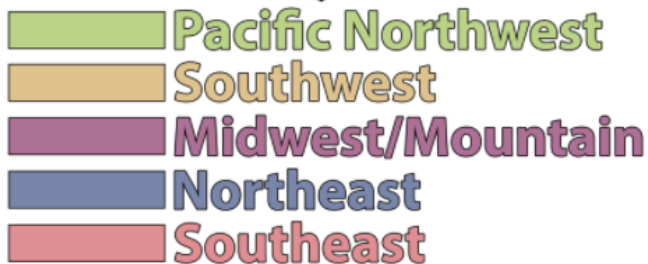
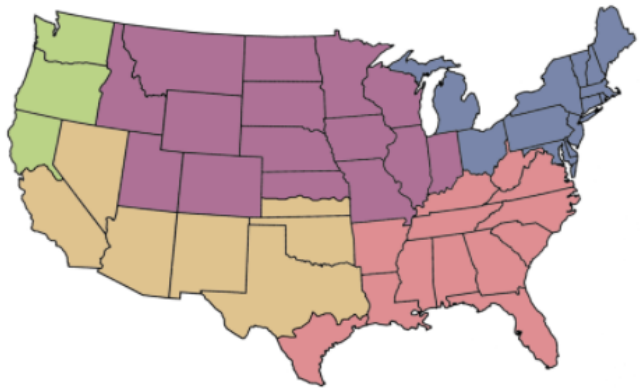
Freedom Pop offers 100 percent free high-speed internet service with some exceptions. This includes internet for the home, as well as mobile internet. You can get 500 MB of data for free, but if you want more data or mobile access you will have to pay starting at \$4 a month. For 2 GB of data, you will pay \$20, increasing to 10 GB of data for \$75 a month.

In other words, this type of service is only for seniors who do not use the internet a lot. If you go online daily or watch streaming videos, then this would not be a good option.

The next place to go to find cheap internet for seniors is to individual internet providers. Check with the local internet companies in your area to see if they offer special rates for seniors. Most major companies do. For example, AT&T offers a low-cost wired internet service for low-income households. To qualify for the program, you need to receive Social Security Income benefits or be in the Supplemental Nutrition Assistance Program. If you are eligible, you can get internet for \$5 to \$10 a month.

Using the Internet to Find Senior Care

Whether you are a caregiver or a senior searching for senior care services, the internet is a gateway to tons of information. In fact, it can be quite overwhelming if you aren't



SOUTHEAST REGION

- Plant new annuals and bedding plants, such as coleus, geraniums, impatiens, marigolds, phlox, salvia, and zinnias. [May need to protect from frost.]
- This is a great time to plant many bulbs such as: canna, caladium, and iris.
- Divide herbaceous perennials, clumps of bulbs, and ornamental grasses if the garden looks too crowded. Replant or give away!
- Remove any dead flowers from plants to encourage new growth.
- Apply new mulch around your plants, shrubs, and trees, if needed.
- This is a great month for planting shrubs and trees.
- Prune spring-flowering shrubs after they finish blooming. Fertilize azaleas, camellias, and any other shrubs that need fertilizer.
- Remove any leaves from your lawn, and then fertilize it with a slow-release fertilizer.
- Mow your lawn at recommended heights.
- Ensure that your lawn is getting enough water (1 inch per week).
- Divide and repot houseplants. Fertilize if necessary.
- This month is good for tender vegetables, such as beans, sweet corn, squash, melons, and cucumbers. Plant two or more rows of corn for better pollination.
- Continue planting warm-season crops: tomatoes, peppers, eggplants, and cabbage. Plant okra, too!
- Mulch your garden well to preserve moisture and keep down weeds.
- Ensure that your garden receives 1 inch of rain per week. Set out an empty tuna can to measure the amount of rainfall.
- Watch out for insects such as aphids and use an insecticidal soap spray if needed. See Almanac.com/Gardening for our Pests & Problems page.
- Plant an herb garden. Basil, parsley, oregano, chives, sage, rosemary, and thyme are good choices.
- Remove any weeds in your garden, as they compete with your plants for water and nutrients.

Excerpted from [The Old Farmer's Almanac—Southeast Region Gardening Tips & Tasks for April](#)



New Fact Sheets Added to Your Online Statement



By Darlynda Bogle, Assistant Deputy Commissioner, Social Security Administration

Your *Social Security Statement*, available on *my Social Security*, tells you how much you or your family can expect to receive in disability, survivor, and retirement benefits.

We've added new fact sheets to accompany the online *Statement*. These new fact sheets provide clarity and useful information, based on your age group and earnings situation. They can

also help you better understand Social Security programs and benefits.

You can access your *Statement* and the new fact sheets using your personal *my Social Security* account.

The new *Statement* fact sheets cover the following topics:

- Retirement readiness for workers in four different age groups.
- Workers with non-covered earnings who may be subject to the Windfall Elimination Provision and Government Pension Offset.
- Social Security basics for new workers.
- How people become eligible

for benefits (for workers not fully insured).

- How additional work can increase your future benefits.
- Medicare readiness for workers age 62 and up.

If you don't have a *my Social Security* account, be sure to create one so you can access your *Statement*, fact sheets, and other useful information about Social Security. You can create your personal *my Social Security* account [on our website](#).

To learn more, visit our [Social Security Statement](#) webpage. Please share these resources with your friends and family. □

Excerpted from [Social Security Matters](#)

For the Birds—*Mason Jar Bird Feeder*

How to make a mason jar bird feeder:

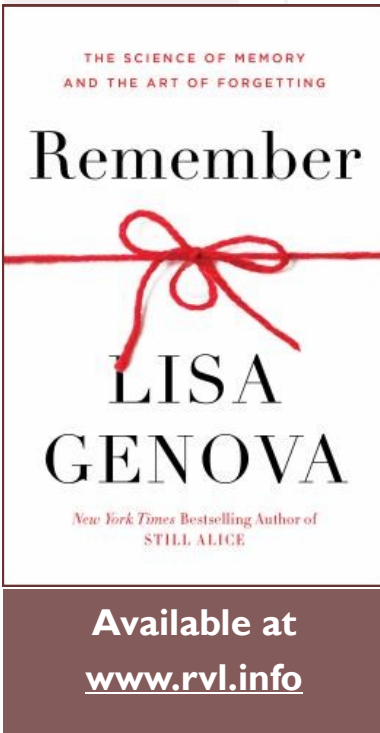
1. Boil 1/4 cup of water.
2. Pour the boiling water into a bowl and then stir in 1/2 package of unflavored gelatin. Mix well.
3. Stir in 1 1/2 tablespoons of corn syrup.
4. Then stir in 1/2 cup of flour until everything is combined.
5. Add this mixture to 1 1/2 cups of bird seed. Mix well.
I find it easiest just to use my hands for this step.
6. Stuff the mixture down inside your mason jar. Add in your dowel rod and continue adding mixture in around the rod.
7. Continue until all of the mixture is in the jar then press down well.
8. Cut off a long piece of wire and wrap both ends around the handle of the mason jar.
9. Hang your mason jar bird feeder anywhere in your yard where you want to attract the birds.



Excerpted from [Crafts by Amanda—Mason Jar Bird Feeder](#)

Book Spotlight—*Remember*

The Science of Memory and the Art of Forgetting



From inside front cover of book -- Have you ever felt a crushing wave of panic when you can't for the life of you remember the name of that actor in the movie you saw last week, or you walk into a room only to forget why you went there in the first place? If you are over forty, you're probably not laughing. You might even be worried that these lapses in memory could be an early sign of Alzheimer's or dementia. In reality, for the vast majority of us, these examples of forgetting are completely normal. Because while memory is amazing, it is far from perfect. Our brains are not designed to remember every name we hear, plan we make, or day we experience. Just because your memory sometimes fails doesn't mean it's broken or succumbing to disease. Forgetting is actually part of being human.

In *Remember*, neuroscientist and acclaimed novelist Lisa Genova delves into how memories are made and how we retrieve them. You'll learn whether forgotten memories are temporarily inaccessible or erased forever and why some memories are built to exist for only a few seconds (like a passcode), while others can last a lifetime (like your wedding day). You will come to appreciate the clear distinction between normal forgetting (where you parked your car) and forgetting due to Alzheimer's (that you own a car). And you'll see how memory is profoundly impacted by meaning, emotion, sleep, stress, and context. Once you understand the language of memory and how it functions, its incredible strengths and maddening weaknesses, you can both vastly improve your ability to remember and feel less rattled when you inevitably forget. You can set educated expectations for your memory and, in doing so, create a better relationship with it. You don't have to fear it anymore. And that can be life changing.

A Little Humor—Wrong Email Address

A couple is going on vacation. The wife was on a business trip so the husband went to the destination first. His wife would meet him the next day.

When he reached his hotel, he decided to send his wife a quick email.

Unfortunately, when typing her address, he mistyped a letter and his note was directed instead to an elderly preacher's wife whose husband had passed away only the day before.

When the grieving widow checked her email, she took one look at the monitor, let out a piercing scream, and fell to the floor in a dead faint.

At the sound, her family rushed into the room and saw this note on the screen:

Dearest Wife,

Just got checked in. Everything prepared for your arrival tomorrow.

P.S. Sure is hot down here.

sure where to start or how to begin. If you are searching for information about how to choose senior care, such as independent living or hospice care, you can find this online. At [Senior Living](#) [website], we offer everything you need to know about finding senior care including:

- Information about different types of senior housing, such as continuing care retirement communities and active senior apartments
- How much senior housing costs
- How to save or pay for senior living
- Where you can find [senior living](#) [link] in your area
- Basic amenities and services to expect in senior housing
- Specialized care for seniors with health issues, such as dementia via memory care

In addition, here are some other great resources [links] for finding senior care near you:

- [Volunteers of America](#) owns and operates senior living facilities
- [US Government](#) housing for senior citizens and other resources—scroll down the page for information
- [Medicare](#) assistance for seniors

You can also go to your state's government website and see what kind of [state programs](#) [HUD.GOV link] are available for seniors.

Using the Internet to Find Elder Law Help

One area that is most troublesome in the senior community is elder abuse. This age group is most susceptible to elder abuse and financial scams because they are likely to have a large amount of money saved for retirement. At the same time, seniors are more likely to suffer from

age-related memory loss or some form of health issue that could leave them vulnerable. In addition, seniors often have to depend on other people, such as nurses, financial planners, or caregivers, to help them take care of daily activities. This opens the door for criminals who want to find ways to scam, steal from, or otherwise abuse seniors.

When an elderly person is scammed, stolen from, or abused in some way, this is a crime. Unfortunately, in the past seniors did not have access to many resources to help them combat this issue. This is where the internet offers great promise for seniors. As a senior, you can look for everything from reporting scams to finding an attorney thanks to these links.

- If you think you are being scammed financially you can search online for accurate information about [common senior scams](#) via the National Council on Aging.
- If you have been scammed you can report this to the [FBI](#).
- Find an attorney specializing in elder law at the [National Elder Law Foundation](#).
- Learn all about [topics of elder law](#) in the US and internationally, and find organizations to assist you at HG.org.
- Locate contact information for elder abuse hotlines, state government agencies, and elder laws in your state using the [National Center on Elder Abuse](#) resources.

Virtual Retirement Communities

For seniors who are still active and require a low level of care, virtual retirement communities are a viable option. This type of senior living allows individuals to live in their own home. The virtual community is

staffed by a team who organizes a multitude of services and programs for members. These may include transportation, assistance with medical appointments, grocery shopping, organized group outings, and aid with applying for benefits. This type of senior care is similar to independent living facilities, with the exception that seniors can remain in their home.

Another major benefit of a virtual retirement community is that it gives seniors a way to connect with other people their age. So how much does this type of senior living cost? It is actually one of the most affordable options out there, with the understanding that seniors will have to pay for their own housing. Virtual retirement communities cost an average of \$450 a year or \$600 for couples. If you have already paid for your house and have minimal utilities and living expenses, this can be the cheapest form of senior care available.



Senior Citizen Apps

Along with increased smartphone use is the growing demand for apps. These cell phone programs offer an array of benefits for seniors who may need help remembering, keeping track of medica-

tion, or finding their parked car. Here are a few recommended apps for senior citizens:

- Pill Reminder by Medisafe to remind seniors to take medication, while alerting family or caregivers if meds are not taken on time
- Doctor on Demand connects seniors with board-certified psychologists and doctors who offer medical advice via live video calls
- Mimi Hearing Test to test your hearing in seconds
- VocalEyes AI that speaks aloud and tells you everything that is on the phone screen
- Magnifying Glass With Light to improve sight for individuals with vision loss or age-related macular degeneration

Best of all, these apps are free to download and available on most devices.

Wearable Technology for Seniors

Wearable tech includes fitness tracking watches, but offer a lot

more for seniors. The most common wearable technology for seniors is a [medical alert system](#) [link to article: *Best Medical Alert Systems for Every Need*]. These [systems](#) [link to article: *Best Medical Alert Systems of 2021*] feature necklaces or bracelets that are connected to home phone or cell phone lines. In addition, there are daily activity wearables for seniors that are more like the Fit Bit. These devices monitor the wearer's vitals, such as their blood oxygen level or sleep activity.

Assistive Technology Devices (ATD)

An assistive technology device (ATD) helps seniors feel and be safer in their home, whether they live in an assisted living apartment or their own home. These senior living aids help individuals perform daily activities, such as walking through their home or using the toilet, with decreased strain. Here are some of the most common types of ATDs for seniors:

- [Stairlifts](#) [link to article: *Stair Chair Lifts for Seniors*]
- Power wheelchairs and

scooters

- [Hearing aids](#) [link to article: *How to Choose a Hearing Aid*]
- Amazon Echo and Google Home devices
- Doorbell video cameras
- In-house video monitoring systems
- Roomba vacuum cleaners
- Reminder Rosie, a voice-controlled clock
- Bed and Chair Fallguard to protect in case someone falls out of their bed or chair
- Remote controls with super-sized numbers
- Computer screen magnifying devices

Another ATD that is highly needed for seniors with vision loss is lighting. This can be as simple as adding reading lamps to desks and dining tables, and standing lamps in hallways and dark areas of the house. It just goes to show that sometimes the simplest of technologies can remain as effective in helping seniors live a healthy and safe life. □

Excerpted from [SeniorLiving.org—Technology for Seniors and the Elderly](#)

Keep Moving—AARP Virtual Community Center

Offering a wide variety of FREE interactive online events and classes designed for learning, self-improvement, and fun.

Click on the underlined links (dates & times) to be directed to the AARP website to register for these –and more– FREE online classes!

AARP Virtual Chair-Based Yoga

[Monday, Apr 5, 2021 at 9:00 am Eastern Time](#)

Healthy Body Virtual Series

[Tuesday, Apr 6, 2021 at 2:00pm Eastern Time](#)

Just Walk—A Walk with A Doc

[Wednesday, Apr 7, 2021 at 10:00am Eastern Time](#)

Virtual Line Dancing

[Wednesday, Apr 7, 2021 at 11:45am Eastern Time](#)

Tai Chi Thursdays

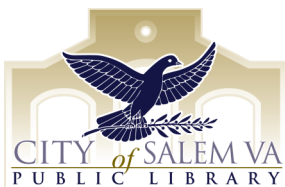
[Thursday, Apr 8, 2021 at 5:00pm Eastern Time](#)

AARP Virtual Hatha Yoga

[Thursday, Apr 8, 2021 at 6:00pm Eastern Time](#)

AARP Fitness Friday—Aerobic Dance

[Friday, Apr 9, 2021 at 9:30am Eastern Time](#)



Salem Public Library

28 E Main Street
Salem VA 24153

Phone: 540-375-3089

Fax: 540-389-7054

Email: library@salemva.gov

Website: [https://](https://www.salemva.gov/departments/salem-public-library)

[www.salemva.gov/](https://www.salemva.gov/departments/salem-public-library)

[departments/salem-public-library](https://www.salemva.gov/departments/salem-public-library)

Roanoke Valley
Libraries
Online Library Catalog
www.rvl.info

Roanoke Valley
Libraries
eBooks & eAudiobooks
rvl.overdrive.com

ABOUT THIS NEWSLETTER: This free, semimonthly (twice a month) newsletter is intended for people over 50 and their caregivers.

SUBSCRIPTION INFORMATION: If you would like to subscribe to our newsletter, please let us know by either:

- Calling the library between 10:00 a.m. and 4:00 p.m. each day OR
- Email us at library@salemva.gov OR
- Print copies will be available in our front lobby.

We will post a link on our [website home page](#) to view this newsletter online. Archived versions of the online version are posted on our website on the Adult Resources page.

LIBRARY SERVICES/EVENTS BEING OFFERED AT THIS TIME:

CONTACT-FREE PICKUP is available in our front lobby every day from 10:00 a.m. to 4:00 p.m. for picking up requested items. Please call before heading to the library so that we can check out your items to your account before you get here. *Thank you!*

LEAVE IT TO A LIBRARIAN For Adult Fiction: The library is closed and you don't want to spend hours browsing the online catalog? Call us, email us, or click the link on our website home page to give a hint or two (genre, authors you like). Tell us how many books you want. We'll fill a bag and leave it in the front foyer for you.

SOCIALIZE WITH US! ON FACEBOOK, GOODREADS, OR INSTAGRAM— Click on the icons near the bottom of our [website home page](#).

Please note:

Starting April 4,

The Resilient Library

Newsletter

will be published

semimonthly

(twice a month).

Getting Older Can be Fun - Age with Humor!

As you get older, your secrets are safe with your friends. They can't remember them either.

I would be unstoppable, if I could only get started.....

"I am having amnesia, dementia, and Deja vu, all at the same time. I think I've forgotten this before . . ."

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

You can't stay young forever. That's just a theory, because you can be immature for your entire life.

I live in my own little world. But it's okay --- they know me here.

Excerpted from ATimetolaugh.org—**Aging with Humor**